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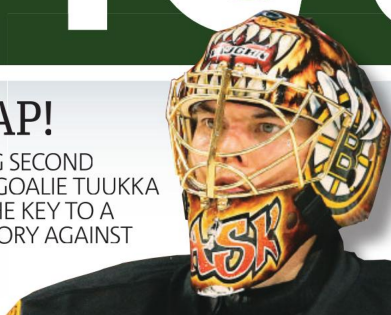
NEWS  
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## BEAR TRAP!

NO MORE PLAYING SECOND FIDDLE — BRUINS GOALIE TUUKKA RASK COULD BE THE KEY TO A STANLEY CUP VICTORY AGAINST THE BLACKHAWKS

PAGE 26



## A question of His Honour

Amid calls for his resignation, Montreal Mayor Michael Applebaum is arrested in the city's ongoing corruption case

PAGE 6

## Kan-yesss

Collabs, South Park parody and super famous baby mama: Metro bows in the presence of greatness as Kanye's new album drops

PAGE 12

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88.5fm



## BARREL OF FUN ON TAP

From left: Kanata South Coun. Allan Hubley, National Capital Craft Beer Week founder J.P. Fournier, Mayor Jim Watson, Kitchissippi Coun. Katherine Hobbs, Beacon Hill-Cyrville Coun. Tim Tierney and Ottawa Centre MPP Yasir Naqvi pretend to roll out a keg at a Beer Week press conference. Set for Aug. 9 to 17 and ending with a two-day festival at Marion Dewar Plaza in front of city hall, the event is promising to showcase even more local craft breweries, a cask tent and a keynote speech by beer expert, master cicerone Mirella Amato.

For more on the event go to [nationalcapitalbeerweek.com](http://nationalcapitalbeerweek.com). SEAN MCKIBBON/METRO

## Province against Kettle Island crossing

### On 'life support.'

Spare transportation dollars should be put to transit: Watson



ALEX  
BOUTILIER

[alex.boutilier@metronews.ca](mailto:alex.boutilier@metronews.ca)

Ottawa Mayor Jim Watson says he's glad Queen's Park has come out against the possibility of a new interprovincial bridge over Kettle Island.

At a press conference Monday, Transportation Minister Glen Murray said the provincial government will not support National Capital Commission's plans for a new \$1.16-billion interprovincial crossing over the island.

The rejection doesn't kill the possibility outright, Watson said, but puts it on "life support."

"I think the province is within their right to outline their position, because

they're one of the funding partners. And I think this is the clearest signal yet that they've brought that they're not prepared to move on Kettle," Watson said Monday.

The NCC believes that Kettle Island is an optimal corridor for a new crossing to address current and future transportation demands.

The bridge would connect Ottawa's Aviation Parkway and Montée Paieement in Gatineau.

Community groups opposed to that plan lined up at a transportation committee meeting earlier this month.

Area MPPs Madeleine Meilleur and Phil McNeely both oppose the idea, as does Rockcliffe Coun. Peter Clark.

Coun. Keith Egli, who chairs the transportation committee, said then that he believes the NCC will take the concerns brought forward by the community seriously.

The NCC is due back to Ottawa City Hall with an environmental assessment of their plan later this year.

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# A painful year for Ottawa family grieving slain son

**Court proceedings.**  
Bail decision expected  
Wednesday for man  
accused of murdering  
Fouad Nayel

**JOE LOFARO**  
joe.lofaro@metronews.ca

It's difficult for the Nayel family to acknowledge birthdays and holidays with their son, Fouad, absent from the kitchen table, but on Monday the family held a special mass and had barbecue at his Barrhaven home to mark the one-year anniversary since he was killed.

Fouad, 28, went missing June 17, 2012 — Father's Day — after he told his family that day he was going to Petawawa for the afternoon. He said he would be back in time for their traditional Chinese-food dinner, but never returned.

A nearly six-month search for him throughout the Ottawa Valley ensued until his decomposed remains were found in a wooded area in Calabogie in November.

Adam Picard, a 29-year-old former Canadian soldier, who served in Afghanistan, was

charged with first-degree murder in December. Monday's mass came two days before the Nayels will learn if Picard will be granted bail.

Although one year has passed, the pain has not. Nicole Nayel said her husband, Amine, couldn't bear to celebrate Father's Day because it only brought back bad memories.

"His brother's birthday was before Father's Day and he refused to celebrate," said Nicole.

"Yesterday I paid (Fouad) a visit at the cemetery. You don't know how hard it was to put flowers. The flowers should be for his wedding. It should be for — not like that. It was hard."

She said the barbecue is what Fouad would have wanted since he was a family-oriented guy who loved to sit under his parents' gazebo.

Wednesday will mark Day 3 of Picard's bail hearing after two days were set aside in late May. Evidence and arguments in the proceedings are protected by a publication ban.

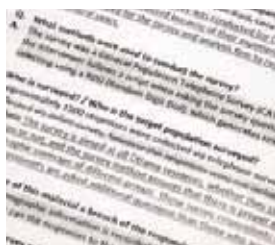
The Nayel family is expected to pack the courtroom Wednesday to see if Picard is released.

"If justice is taking place, I don't think he should get bail," said Nicole.



Fouad Nayel of Ottawa is seen in this undated photo. Nayel's accused killer, 29-year-old Adam Picard, is to face his bail hearing on Wednesday. CONTRIBUTED

## OC Transpo excluded online responses from survey



A city document shows strikeout text relating to an online component of an OC Transpo customer survey. SEAN MCKIBBON/METRO

OC Transpo discounted a quarter of the responses to its 2012 customer-satisfaction survey due to "inconsistencies" in certain questions asked online.

A full 500 online responses to the 2,000-person survey were not used in OC Transpo's analysis, which gave the transit system good grades for customer satisfaction.

In an FAQ briefing note released under freedom-of-

information legislation, OC Transpo's manager of transit planning and reporting, Pat Scrimgeour, removed references to the online survey.

"Approximately 1,500 responses were collected via telephone survey. Another 500 were collected via online survey, however these responses were not included as part of the analysis," an earlier draft read.

In a written statement funnelled through the city's

corporate-communications branch, OC Transpo said the online survey involved open-ended questions reduced to multiple choice.

"Our contractor found that the results were inconsistent beyond normal margins of error when certain questions were asked online," the statement, attributable to Scrimgeour, read.

"The data were, therefore, not comparable and were not included."

OC Transpo said the root of the problem was that open-ended questions, when asked on the phone, provoke top-of-mind answers. When boiled down to multiple choice, respondents chose one of the multiple-choice answers.

OC Transpo added they are not in possession of the data collected from the online survey, and could not provide the questions asked in the survey as of press time.

ALEX BOUTILIER/METRO

### Speculation

#### Potential name change possible for Scotiabank Place

An announcement that Ottawa Senators owner Eugene Melnyk will hold a press conference to

announce a significant business development led to media reports speculating the arena's naming rights might be changing. Domainsatcost.ca indicates canadiantirecentre.com was registered by Capital Sports Properties Inc. June 14.

The firm is a subsidiary of Melnyk's Capital Sports Holdings Inc. METRO

### Westward expansion

#### Western LRT-route opposition won't delay vote

Deputy city manager Nancy Schepers says the National Capital Commission's concerns over the city's preferred westward

LRT expansion will not delay a council vote on the matter.

The vote to designate the Richmond Underground the city's official plan for western LRT will go ahead next month, despite the NCC's desire for a technical feasibility assessment before they sign off. ALEX BOUTILIER/METRO

### East end

#### Charges laid against man shot by police

Police have laid charges against Lenny Sanguya, 20, who was shot by an officer in the city's east end. ALEX BOUTILIER/METRO

1 NEWS



## Did you hear the one about Ottawa? Comedy awards set for capital city this fall

Ottawa will for the first time host the annual Canadian Comedy Awards ceremony and will bring with it an entourage of comical characters like Norm MacDonald and Gerry Dee.

"We're very excited to be coming to Ottawa, my hometown," said Tim Progosh, president of the Canadian Comedy Foundation for Excellence. "Ottawa has a long-standing tradition in comedy (with) the greats that we all know from Dan Aykroyd to Rich Little to Tom Green, and nominees like Rebecca Kohler."

Marking its 14th edition this year, the awards will be held Oct. 3-6 at various venues, including Yuk Yuk's and Absolute Comedy. People can catch more than



Ottawa-born comedian Norm MacDonald THE ASSOCIATED PRESS FILE

30 shows over the four days prior to the live awards show at CentrepoinTE Theatre on Oct. 6.

The "best and biggest" entertainers Ottawa has produced will host the Oct. 4 show and the following day MacDonald of Saturday Night Live fame will be the main headliner. **JOE LOFARO/METRO**

### South-end Ottawa

#### Lightning strike sparks house fire

Lightning struck a south-end Ottawa home causing \$30,000 in fire damage Sunday night.

Ottawa firefighters were called to 275 Black Sage Cres. just after 10 p.m., after receiving reports of a lightning strike that ignited the siding on a home.

There was minimal damage to the interior of the house. Damages are estimated at \$30,000. **METRO**

### Annual event

#### Ultimate Run for Men's Cancer raises \$400,000

Close to 1,600 participants in the Ultimate Run for Men's Cancers raised \$400,000 for the Ottawa Regional Cancer Foundation this weekend.

This year's event brings the 15-year total for the fundraising race up to \$3.5 million. The top fundraising team was Team Greggrybear, with \$101,000. **METRO**



United Way Ottawa members and supporters hold up the organization's logo Monday at a press conference at the Michele Heights Community Centre after announcing the investment for 2013-2014. **JOE LOFARO/METRO**

# United Way to invest \$24.5M in community

**2013-2014.** Charity announces it will help fund a variety of initiatives in Ottawa

United Way Ottawa announced Monday it is pumping \$24.5 million into the community for its 2013-2014 fiscal year.

Some of the money will be divided over three of the organization's "priority goals" such as Growing Up Great, which

helps at-risk youth, and Turning Lives Around, an initiative that helps homeless people get off the street.

More than \$12 million will go to front-line programs and community initiatives such as the Ottawa Child and Youth Initiative, and Hire Immigrants Ottawa.

Irene Compton manages the employment unit at Minwaashin Lodge in Ottawa, which helps aboriginal women who have been affected by violence and unresolved trauma.

In November 2012, United Way partnered the women's shelter with Accenture, a consulting firm that committed \$100,000 to enhance Minwaashin's programs and services over a two-year period. In the past seven months, Compton said she has already seen results.

"Fifty-five women accessed the Skills to Succeed program which is put on by Accenture," said Compton. "Seventy-five per cent have acquired employment, 40 per cent have regis-

tered for post-secondary training, 25 per cent have received occupational training, and 50 per cent have received accurate education assessments. All we need is to give our women a chance and that's what Accenture is doing."

Jamie McCracken, United Way's chair of the board of directors, said at a press conference Monday, \$11.7 million of this year's investment will go directly to more than 4,200 registered Canadian charities.

**JOE LOFARO/METRO**

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## Calgary. Mother and her newborn evicted from 'adults-only' building

She's been a mom for mere days, but now Lenora Belanger is facing the daunting task of finding a new home.

The 28-year-old has been informed by resident managers at Calgary's southwest Colonial Manor that the building is for "adults only" and she must get out no later than Tuesday — the actual day little Faith Belanger was expected to be born.

After going through labour Thursday, Lenora said she's not even able to help pack boxes, relying heavily on her 63-year-old mother Elaine Belanger to co-ordinate a temporary move into a relative's place.

"We were only asking for another month," she said. "There was nothing available in July, but we found a number of places for August."

Lenora said she, her mother and partner suffer from financial hardship. During the pregnancy, they had attempted to find a place through the Cal-

### Anxiety

**"This has been really hard on my health. I don't know what we're going to do."**

New mother Lenora Belanger

gary Housing Company, but the most recent letter from the organization indicates they are on a "low-priority" wait list.

Susan Coombs with the Alberta Human Rights Commission confirmed landlords are allowed to run adults-only properties; however, the practice is barred in Ontario and legal rulings in B.C. and Nova Scotia have also found such regulations unreasonable.

Resident Manager Rick Gravestock said he's simply following the rules, adding the Belangers refused to pay their rent for June after learning of the eviction.

JEREMY NOLAIS/METRO IN CALGARY



Lenora Belanger and her newborn, Faith. The pair, along with mother Elaine, are expected to have cleared out of their "adults-only" manor in Calgary no later than Tuesday. JEREMY NOLAIS/METRO

### Royal in recovery

## Prince Philip leaves hospital

Britain's Prince Philip was discharged from hospital on Monday, 10 days after undergoing exploratory surgery on his abdomen.

Philip, who turned 92 last week, had an operation under general anesthetic on June 7.

He has suffered heart and bladder problems in the past, but officials have not released details about his current condition.

The palace said the prince is expected to spend two months convalescing.

THE ASSOCIATED PRESS

### Of planes and pens

## F-35 maker inks deal with flight-sim company

The U.S. manufacturer of the oft-maligned F-35 has signed a deal with a leading Canadian maker of flight simulators in anticipation of the Harper government choosing to stick with the controversial stealth-fighter program.

The deal between Lockheed Martin and CAE was announced as associate defence minister Kerry-Lynne Findlay declared that no decision has been made on replacing the existing fleet of CF-18s. THE CANADIAN PRESS

# 'Trust me' mayor nabbed for bribery

**Montreal.** Special police unit arrests two others for corruption, is investigating suicide

The replacement Montreal mayor, who recently took office amid a corruption scandal and who promised to restore public trust, has been arrested in a bribery case.

Mayor Michael Applebaum was picked up at his home on Monday by Quebec's anti-corruption unit as part of a broader investigation.

There were widespread calls for Applebaum's resignation as he was slapped with 14 charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Just seven months ago he ascended with a promise to lead Montreal out of its era of sleaze.

"We will regain the confidence of our citizens," Applebaum said at the time.

The charges stem from alleged acts that occurred between 2006 and 2011, before he became mayor, relating to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

"We can no longer tolerate these reprehensible acts," Robert Lafreniere, head of the provincial police anti-corruption squad, said on Monday.

Also arrested was a former employee of the Harper government.

Saulie Zajdel — nicknamed the "Shadow" MP, as the Tories hoped to gain a foothold in Montreal in 2011 — faces five charges including bribery, breach of trust, fraud and corruption.

An investigative report by



Montreal Mayor Michael Applebaum rose to his position with a promise to rebuild trust. RYAN REMIORZ/THE CANADIAN PRESS

### Americans have a laugh

There was a particularly humorous reaction in the U.S., where Toronto Mayor Rob Ford's ongoing troubles have provided considerable fodder for comedians.

- The Atlantic magazine ran a story on its website titled: "What the Heck Is the Matter with the Mayors of Canada?" The article began: "So a Canadian mayor was arrested Mon-

day and, no, it was not the one you expect."

- There was a similar response on the Gawker website: "A major Canadian city woke up to find out that its mayor had been arrested at his home," began a post, "and it wasn't even the guy who smoked crack on video!" — an allegation about Toronto's mayor that has not been proven.

## U.S. does not spy on Canadians: Ambassador



U.S. ambassador David Jacobson  
THE CANADIAN PRESS FILE

In his nearly four years as U.S. President Barack Obama's envoy to Canada, David Jacobson has always stressed his desire to bring Americans and Canadians closer.

But in the wake of intense debate over the U.S. National Security Agency collecting large swaths of data on its citizens from major Internet companies, Jacobson makes one large distinction.

"The United States does not spy on Canadian citizens," Jacobson told The Canadian Press on Monday.

Leaked NSA documents obtained by Britain's Guardian newspaper disclosed how the top-secret program called Prism has given the U.S. government access to a huge cache of digital information.

That has sparked a probe by Canada's privacy com-

missioner, Jennifer Stoddart, about the implications of that U.S. program for Canadians.

"The United States government respects privacy, they respect individual liberties," Jacobson said.

"Quite frankly, these are concepts that in large measure were invented in my country. We care very much about them."

THE CANADIAN PRESS

# NSA leaker Snowden hits back at American critics

**Intelligence.** In web chat, man in hiding remains defiant over decision to release secret documents

Edward Snowden, the National Security Agency leaker, defended his disclosure of top-secret U.S. spying programs in an online chat Monday with The Guardian and attacked U.S. officials for calling him a traitor.

"The U.S. government is not going to be able to cover this up

## Quoted

"Being called a traitor by Dick Cheney is the highest honour you can give an American."

Edward Snowden



Edward Snowden, who worked as a contract employee at the U.S. National Security Agency, is seen in Hong Kong on June 9. Snowden defended his actions in a live chat with The Guardian newspaper on Monday. THE GUARDIAN/THE ASSOCIATED PRESS FILE

by jailing or murdering me," he said. He added the government "predictably destroyed any possibility of a fair trial at home" by labelling him a traitor, and indicated he would not return

to the U.S. voluntarily.

Congressional leaders have called Snowden a traitor for revealing once-secret surveillance programs two weeks ago in The Guardian and the Washington

Post. The National Security Agency programs collect records of millions of Americans' telephone calls and Internet use as a counterterrorism tool.

THE ASSOCIATED PRESS

## Fallout. Report of British snooping on foreign diplomats raises hackles

A newspaper report that British eavesdropping agency GCHQ repeatedly hacked into foreign diplomats' phones and emails has prompted an angry response from traditional rival Russia and provoked demands for an investigation from Turkey and South Africa.

Although spying on diplomats is as old as diplomacy itself, The Guardian's report laid out in explicit detail steps taken by GCHQ to monitor foreign officials' conversations in real time, saying that British spies had hacked emails, stolen passwords and gone so far as to set up a bugged Internet café in an effort to get an edge in high-stakes negotiations.

The Guardian cited more than half a dozen internal government documents provided by former NSA contractor Edward Snowden as the basis for its reporting on GCHQ intelligence operations, which it says involved, among other things, hacking into the South African

## No comment

Speaking at the G8 summit, U.K. Prime Minister David Cameron declined to address the issue.

- "We never comment on security or intelligence issues and I am not about to start now," he said.

Foreign Ministry's computer network, targeting the Turkish delegation at the 2009 Group of 20 summit in London and using the vast spying base at northern England's Menwith Hill to monitor the satellite communications of Russian leader Dmitry Medvedev.

"The U.S. and British special services tapped Medvedev's phone at the 2009 G20 summit. The U.S. denies it, but we can't trust them," one Russian official wrote on Twitter Monday.

THE ASSOCIATED PRESS

## Obama, Putin agree to pursue Syrian peace talks

Russian President Vladimir Putin told U.S. President Barack Obama on Monday that their positions on Syria do not "coincide," but the two leaders said during the G8 summit that they have a shared interest in stopping the violence that has ravaged the Middle Eastern country during a two-year-old civil war.

Obama acknowledged in a

bilateral meeting with Putin in Northern Ireland that they have a "different perspective" on Syria but he said that both leaders wanted to address the fierce fighting and also wanted to secure chemical weapons in the country. The U.S. president said both sides would work to develop talks in Geneva aimed at ending the country's bloody civil war. THE ASSOCIATED PRESS



U.S. President Barack Obama meets with Russian President Vladimir Putin in Enniskillen, Northern Ireland, on Monday. EVAN VUCCI/THE ASSOCIATED PRESS

## Syria

### Be wary of arming rebels: Assad

Syria's president warned that Europe "will pay a price" if it delivers weapons to rebels fighting to topple him, saying in an interview published Monday that arming them would backfire as the "terrorists" return to their countries with extremist ideologies.

THE ASSOCIATED PRESS

## Alleged harassment

### Students seek asylum in Uganda

Sixteen Rwandan students are seeking asylum in Uganda, saying they are the victims of harassment by security officials back home for refusing to join a Congolese rebel movement that allegedly recruits inside Rwandan territory.

THE ASSOCIATED PRESS

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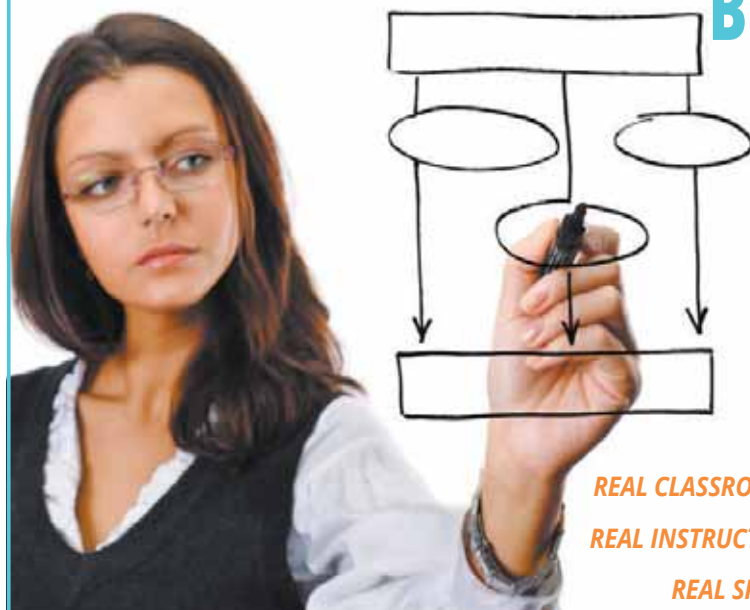
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Apple has joined other firms in releasing figures on data requests from U.S. government agencies. AFP/GETTY IMAGES FILE

# Apple discloses U.S. data-request figures

**Privacy.** Firm received thousands of demands from law enforcement over past six months

Apple says it received between 4,000 and 5,000 requests from U.S. law enforcement for customer data for the six months ended in May.

The company, like some other businesses, had asked the U.S. government to be able to share how many requests it received related to national security and how it handled them. Those requests were made as part of Prism, the recently revealed highly classified National Security Agency program that seizes records from Internet companies.

THE ASSOCIATED PRESS

## Common requests

- Apple said that the most common form of request came from police investigating robberies and other crimes, searching for missing children, trying to locate a patient with Alzheimer's disease, or hoping to prevent a suicide.

## Real estate. Consulting firm buys Masonic Temple

Toronto's storied Masonic Temple has found a new owner in an Ontario-based technology-consulting firm after Bell Media decided to sell the former concert hall earlier this year.

Info-Tech Research Group says it has paid \$12.5-million for the historic building, which was most recently home to MTV Canada and previously hosted famous rock bands like the Rolling Stones and Led Zepelin.

Info-Tech, which is head-

quartered in London, Ont., will renovate the six-storey building on Yonge Street to accommodate its Toronto satellite office.

Joel McLean, the company's president and CEO, says Info-Tech wanted a space that could house its employees, but also impress visitors from outside the country. "We're consistently inviting company after company into Toronto (and) we wanted something that was spectacular to come see," he says. THE CANADIAN PRESS



London's Info-Tech Research Group has bought the historic Masonic Temple building in downtown Toronto, which was most recently home to MTV Canada and previously hosted famous rock bands like the Foo Fighters.

TORSTAR NEWS SERVICE FILE

## U.S. 7-Eleven stores raided as franchises are accused of exploiting immigrants

Nine owners and managers of 7-Eleven stores across Long Island and in Virginia were charged on Monday in a scheme to exploit immigrants from Pakistan and the Philippines, in part by paying them using the stolen Social Security numbers of a child and three dead people while stealing most of their wages.

Most of the defendants

were arrested early Monday as federal authorities raided 14 franchise stores.

Immigration and Customs Enforcement agents were executing search warrants at more than 40 other stores across the United States suspected of similar infractions, authorities said at a news conference in Brooklyn.

THE ASSOCIATED PRESS

## Television. Netflix will run original Dreamworks series

Netflix announced a deal on Monday to air television programming from Dreamworks Animation in what the company described as its biggest transaction ever for original first-run content.

Though financial details were not disclosed, Netflix Inc. said the agreement includes more than 300 hours of new TV episodes in a multi-year deal starting in 2014.

The new Dreamworks shows will be inspired by characters from its hit franchises like Shrek and Kung Fu Panda and upcoming feature films as well as the Classic Media library



Netflix has been adding original programming to its roster. NETFLIX/SCREENGRAB

that Dreamworks Animation SKG Inc. bought last year. The television shows will be commercial free. THE ASSOCIATED PRESS

## Music

### Jay-Z gives away album to 1M Galaxy users

Jay-Z is teaming up with Samsung to release his new album, unveiling a three-minute commercial during the NBA Finals and announcing a deal that will give the music to one million users of Galaxy phones.

THE ASSOCIATED PRESS



Jay-Z  
GETTY IMAGES

## Foreign ownership

### U.S. telecoms likely not keen on coming north

Big U.S. carriers Verizon and AT&T could find access to Canada's wireless market too small for their liking, with new entrants like Wind Mobile or Mobilicity offering few incentives to head north, says a telecom analyst. "If you wanted to come into Canada, you'd want to come in to dominate it," said Iain Grant of the SeaBoard Group.

THE CANADIAN PRESS

## Northern Gateway

### Project will benefit all Canadians, panel hears

A lawyer for the Northern Gateway oil pipeline told a federal review panel Monday that there are many reasons the controversial project should be approved — billions of them, in fact. Richard Neufeld stressed that the pipeline between Alberta and the B.C. coast will ensure Canadian producers get full market value for their product. And he said that will benefit all Canadians. THE CANADIAN PRESS

## Market Minute

**DOLLAR**  
98.26¢ (-0.08¢)

**TSX**  
12,288.90 (+101.53)

**OIL**  
\$97.77 US (-8¢)

**GOLD**  
\$1,383.10 US (-\$4.50)

**Natural gas:** \$3.89 US (+16¢)  
**Dow Jones:** 15,179.85 (+109.67)

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# SCREEN TIME DISRUPTS A GOOD SNOOZE

Lately, there are lots of questions keeping me up at night: Is there actually a Rob Ford crack video? What on Earth is going on in Game of Thrones? Is my wireless router slowly rotting my brain? But what's really causing me to lie awake past my bedtime isn't this cycle of my own erratic thoughts—it's my beloved cellphone.

Checking emails and scrolling through my Facebook news feed has become as much a part of my nighttime routine as brushing my teeth. And I know I'm not alone.

In 2012, Time Mobility released a research study on the mobile habits of 5,000 individuals in eight different countries around the world. Eighty-four per cent of the respondents admitted to sleeping with their mobile phones in their bedroom, 68 per cent choosing to keep their device within arm's reach. As phones and tablets replace alarm clocks and good



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

books as the most ubiquitous bedside accessory, our minds and bodies are beginning to suffer.

Listening to music or watching TV might seem like an ideal way to unwind after a long day, but staring at backlit devices late at night can actually trick your body into thinking it's daytime and disrupt the length and quality of your sleep. The artificial light emitting from tablet and smartphone screens is a form of optical radiation that effectively inhibits sleep-promoting neurons in the brain and suppresses the release of melatonin, an important hormone that helps to regulate our internal clock. In fact, two hours of exposure to a bright screen at night can reduce melatonin levels up to 22 per cent.

Far from lulling us to sleep, those late-night Netflix marathons are actually disrupting our body's natural circadian rhythms and keeping us up at night.

Those of us getting less than the recommended seven to eight hours of sleep a night are susceptible to a myriad of physical and cognitive side effects including elevated blood-pressure levels, reduced mental clarity and heightened risk of diabetes and obesity.

Most of us know the importance of a good night's sleep but we don't necessarily think twice about satisfying our late-night tech cravings.

Most doctors recommend switching off at least an hour before your head hits the pillow. It's also wise to relocate mobile devices away from the bedroom to prevent heavy users from checking messages in the middle of the night.

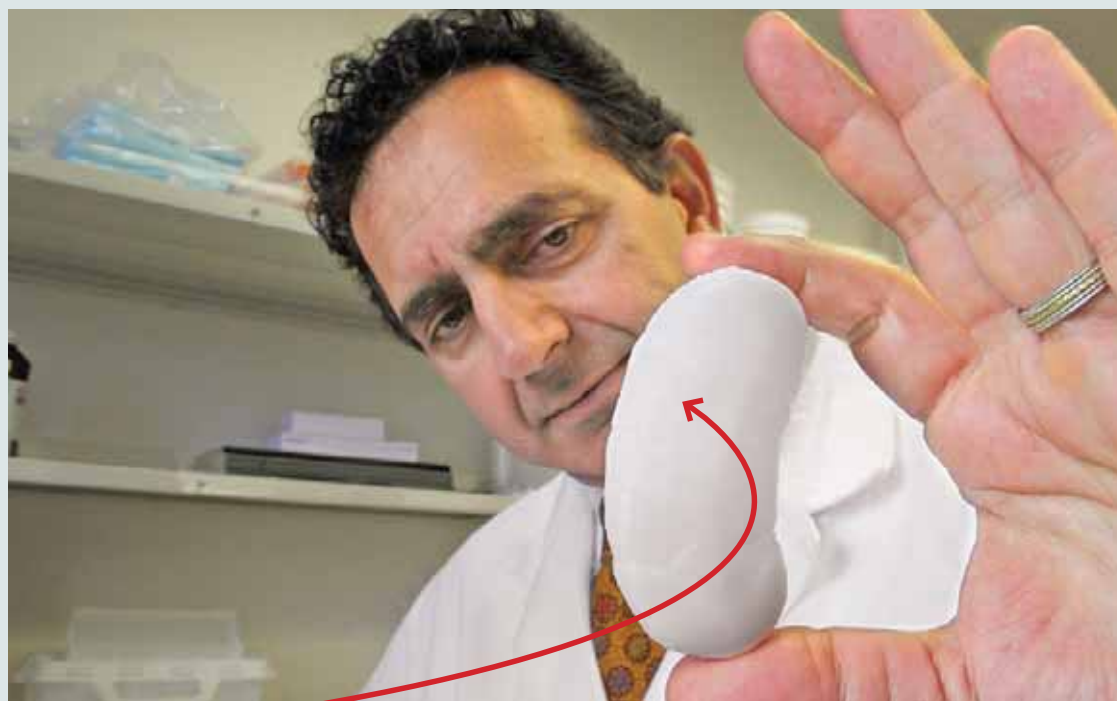
The thought of sleeping in a different room than your iPhone might give you separation anxiety, but the mental and physical damage caused by 24-hour mobile habits are far worse than a couple of missed emails.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Organ transplants hot off the printer



ALLEN BREED/THE ASSOCIATED PRESS

#### Doctors experiment with 3D printers

Dr. Anthony Atala holds the "scaffolding" for a human kidney created by a 3D printer in a laboratory at Wake Forest University in Winston-Salem, N.C.

Instead of depositing ink, the printer puts down a gel-like biodegradable scaffold plus a mixture of cells to build

a kidney layer by layer. Atala expects it will take many years before printed organs find their way into patients.

The university is experimenting with various ways to create replacement organs for human implantation, from altering animal parts to building them from scratch with a patient's own cells.

METRO

#### Another alternative

- Here's the dream scenario: A patient donates cells that the lab uses to seed onto a scaffold that's shaped like the organ needed. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected."

#### Not possible yet

There are plenty of challenges with this organ-building approach. One is getting the right cells. Cells from the patient's own organ might not be available or usable. So scientists are exploring genetic reprogramming so blood or skin cells could be turned into appropriate cells. METRO

#### Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

The best camera is the one that's with you. Or so the saying goes by photographers-turned-'iPhonographers' too lazy to schlep around a real camera. But luckily you don't have to choose sides in the 'real'-camera-versus-iPhone fight. Follow these professional photographers who use iPhones too.



#### @coryrichards:

Everything you'd imagine from a National Geographic photographer, from pics of the Milky Way over a stilt settlement in Indonesia to cowboys and Mustangs in the Wild West. coryrichards.com

#### @zakshelhamer:

Warning: Following this adventurer/

photographer might make you want to quit your day job and hit the beach, trail or mountains. photosbyzak.com

#### @chrisconnolly:

This Instagrammer puts his analogue skills to use in the digital realm. Bold colours. Symmetry. Lines. Texture. Check out his digital and film work at 15by8.com.

#### Comments

**RE: It's A Darwinian World Out There, And We're Raising Generation Wuss, published online June 17**

Sure. As a parent you're developmentally ready for those realities. Are you really sure the kids are? Evidence disagrees with you STRONGLY. It's time to cater the content and the timing of the message to the right age groups. We do it with alcohol. We do it with voting. This is catering to what we've learned are the needs and abilities of younger groups.

Talking tough only serves to misrepresent the reasons this is being done. And it makes you look self interested as a parent in my opinion.

Dennis posted to metronews.ca

Growing up in my generation it was a hard cruel world. Racism and bullying was an expected norm. If you had social or learning problems, everyone just assumed you'd be pumping gas or in jail by the time you got out of school if you graduated at all.

Today, we as a society have gone to the extreme. There needs to be consequences for our actions. We need to teach our kids that no, you do not win all the time, but just because someone is better at something than you are doesn't mean you are less of a person. Or just because you are better at something than the other person it doesn't make you superior it just makes you better at that. **Gigi Green posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**  
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# The universe of Kanye

We're just lucky enough to live in it. Today his new album, Yeezus, drops, and we look at the rapper's awesome awesomeness.

MICHELLE CASTILLO  
scene@metronews.ca

## COLLABORATORS

**Entourage 2007** — In one episode, Kanye saved the day when he offered to take Vinny Chase and co. to Cannes on his private plane.



**Daft Punk 2007/2013** — He sampled the French duo's Harder, Better, Faster, Stronger on Stronger and they helped out with three or four "joints" (as Kanye put it) on Yeezus.



**Bon Iver 2010/2013** — Two tracks from My Beautiful Dark Twisted Fantasy — Woods and Monster — featured the folk artist's efforts. They work together again on Yeezus.

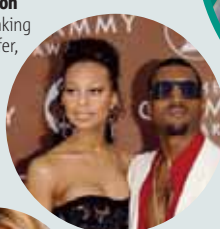


**The Cleveland Show 2010** — Kanye stars as Kenny West, Cleveland Jr.'s rival, on the Family Guy spinoff. He's reprised his role in four additional episodes since.

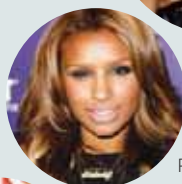
**Skrillex 2013** — Kanye and the Dub-step king confirmed they collaborated on a track for Yeezus



**Brooke Crittendon 2004** — While taking a break from Phifer, Kanye dated the Harlem Heights star.



**Melody Thornton 2010** — Kanye was seen holding hands and attending red carpet events with the former Pussycat Doll.



**Alexis Phifer 2002 to 2008** — Kanye proposed to the designer in 2006, but they never married.

**Amber Rose 2008 to 2010** — It put the model into the limelight. She's now engaged to Wiz Khalifa.



**Selita Ebanks 2010** — After the Victoria's Secret model starred in his Runaway video, the two reportedly got together.



**Kim Kardashian 2012 to present** — Kanye just had a baby girl with the reality TV star, who also inspired tracks like Cold.

## LOVERS

## CONTROVERSIES



**Kanye vs. AIDS 2005** — During a Live 8 tour, Kanye announces that AIDS was a "man-made disease... placed in Africa just like crack was placed in the black community to break up the Black Panthers."



**Kanye on South Park 2009** — Fuelled by his massive ego, a cartoon "Kanye" goes into a murderous rage after not getting a joke. "It hurts my feelings," he wrote on his blog, "but what can you expect."



**Kanye vs. Taylor Swift 2009** — You remember the below. Kanye would apologize to Swift for interrupting her MTV award win, but took back the apology just this week.



**Kanye as Hitler 2011** — Kanye says that people look at him as if he's Hitler, during a British concert. The crowd boos.



**Obama vs. Kanye 2009 / 2012** — After his MTV antics, the president called Kanye a "jackass" — twice. "I don't give a f—k what the president's got to say," Kanye rapped.



**Donda West Plastic Surgery Law 2009** — California governor Arnold Schwarzenegger signs a law requiring people to undergo a physical examination before undergoing plastic surgery after Kanye's mother dies during a cosmetic procedure



**Fatburger 2008** — Kanye opened up a branch of the chain in his hometown of Chicago, but it closed down in February 2011.



**Louis Vuitton X Kanye West 2009** — The rapper released three styles of high-top sneakers — Don's, Jasper's and Mr. Hudson's — and announced his intent to change his name to Martin Louis the King Jr.

**Met Ball 2013** — Yeezy gets put on Vogue's Best Dressed at the Met Ball list — but they crop out his date, the floral couch-wearing Kim Kardashian.



**Nike Air Yeezy 2009, 2012** — The rapper was the first non-athlete to work with the brand, and has released two editions to date.



## LIFESTYLE



# FOR THICK, STICKY, JUICY, MOUTH WATERING... **PULL THIS!**

metronews.ca  
Tuesday, June 18, 2013

DISH

13



Nigella Lawson ALL IMAGES GETTY

## Nigella Lawson's hubby insists throat grab on his wife was a 'playful tiff'

Police are investigating an apparent incident between celebrity chef Nigella Lawson and her husband, advertising executive Charles Saatchi, during which he reportedly grabbed her throat at a London restaurant, according to the Mirror. Witnesses say Lawson left the lunch in tears. "Officers from the Community Safety Unit in Westminster are aware" of

the incident, a police spokesperson says. "Inquiries are in hand to establish the facts of the incident." But Saatchi insists it was just a "playful tiff," telling the Evening Standard, "We were sitting outside a restaurant having an intense debate about the children, and I held Nigella's neck repeatedly while attempting to emphasize my point."



Amanda Bynes

## Bynes not very happy after tourists get snappy

Amanda Bynes really doesn't like getting her picture taken, as a father and son learned this weekend in Atlantic City when they came across the young actress stumbling about carrying armloads of bags in a hotel lobby. Brett Cohen says that things turned ugly when his father, Bobby, snapped a photo of Bynes with his cellphone, according to E! News. "As soon as he took the picture she kind of stopped and said, 'Sir, I need you to delete that. You can't take pictures of me.' She kind

of lunged at him to take his phone," Cohen says. "She is trying to grab his phone from him and he starts walking away from her. She started following him and touching his shoulder trying to get his phone." Eventually security broke them up and Bynes tried to complain, but the Cohens were allowed to remain in the hotel. "I feel bad for her," Brett Cohen adds. "Everyone goes through tough times. I feel bad that it's so public. It's unfortunate."

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Show of unity from Sharon and Ozzy amid divorce rumours



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Despite the rampant rumours that Ozzy and Sharon Osbourne are divorcing, the two looked very cosy on Sunday night at the 40th annual Daytime Emmy Awards in Beverly Hills, Calif. Allegations have swirled since April that the long-married pair are living separately, with Ozzy in a

rented Beverly Hills mansion and Sharon at the Beverly Hills Hotel. "They are living at different addresses and not spending any time together," a source recently told the Sun. Ozzy talked about the divorce rumours on social media. "For the last year and a half I have been drinking and taking drugs," Ozzy wrote on his Facebook page in April. "I was in a very dark place and was an a—hole to the people I love most, my family. However, I am happy to say that I am now 44 days sober. Just to set the record straight, Sharon and I are not divorcing. I'm just trying to be a better person." And now they are having a date night. All together now: "Awwwww."



Angelina Jolie and Brad Pitt

## Pitt: It's 'business as usual' for Jolie after treatment

Brad Pitt says Angelina Jolie is recovering from her voluntary double mastectomy and that it's "business as usual" following the treatment. "Her focus now is that all people have access to testing. If you do your research it doesn't have to be scary,

it can be an empowering thing," Pitt tells Good Morning America while promoting World War Z, his latest film. "It's business as usual, she's doing great. When she wrote (her New York Times essay), we had already come out the other end."



Kate Middleton

## Due date looming, Kate's done with appearances

Kate Middleton made her final public appearance this weekend before the birth of her first child, due next month, according to Radar Online. Flanked by her husband, Prince William, and her brother-in-law, Prince Harry, the Duchess of

Cambridge smilingly observed the Trooping of the Colours parade in celebration of the Queen's birthday dressed in a pink coat and hat. Kate and William's child is due in mid-July.



### Twitter



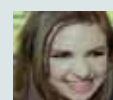
@TheRealRosanne

just experienced my fourth earthquake in six weeks-omg



@RickiLake

I know I'm a little late, but Downton Abbey is soooooo good.



@lenadunham

Can someone tell me whether we're supposed to be offended by Johnny Depp's portrayal of Tonto or not? Must know for dinner parties/twitter.

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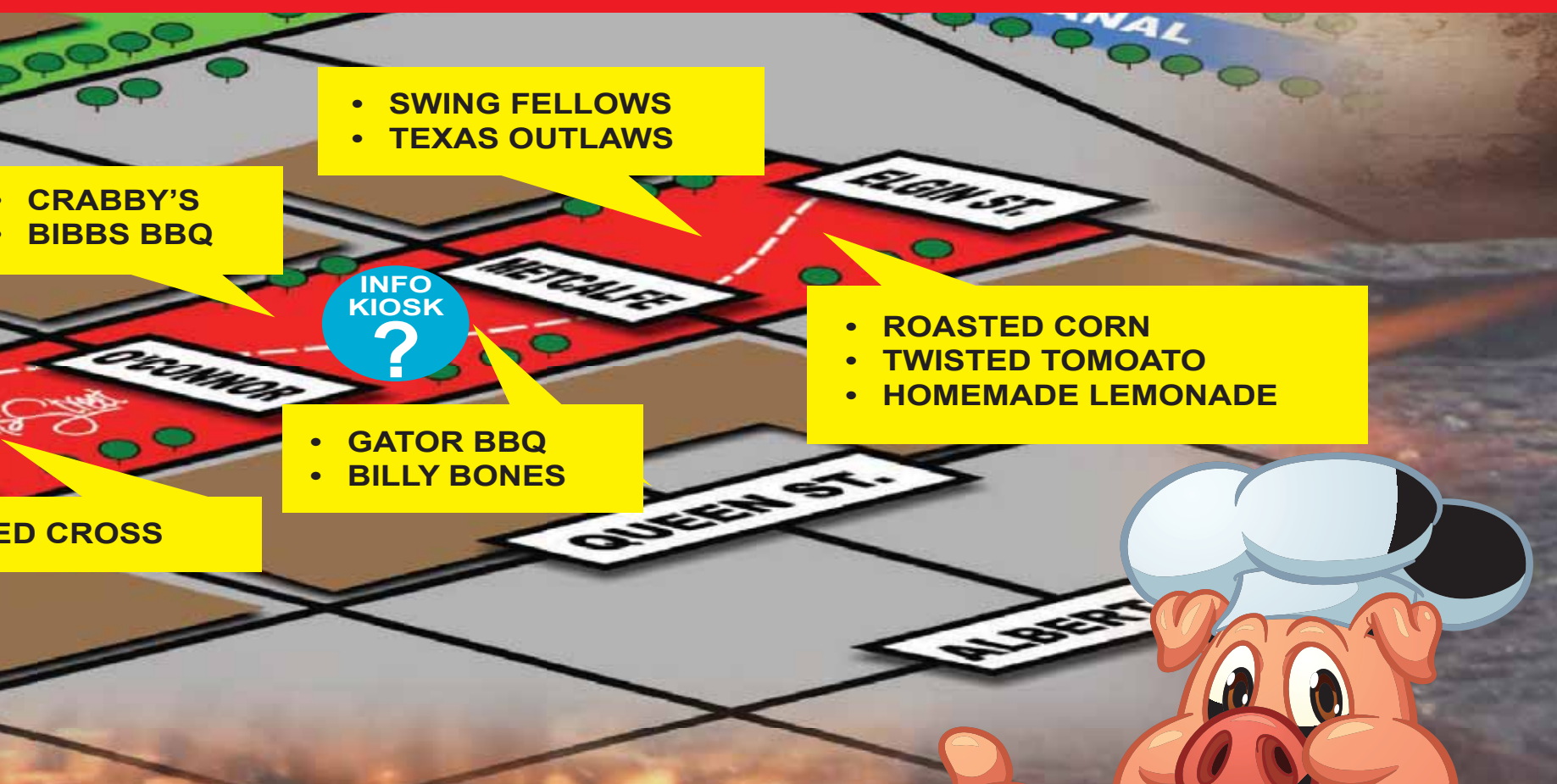
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LIFE

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WELLNESS

metronews.ca  
Tuesday, June 18, 2013

## Prep for the first summer sun

Brown skin does not always mean burnt skin. Five things to check off your list before smothering yourself in tanning oil

ROMINA MCGUINNESS  
life@metronews.ca



### Which SPF should I use?

"People with fair skin (types 1 and 2) should always wear a waterproof sunscreen with an SPF 30 to 50, and darker types (three to six), an SPF of at least 15," Dr. Nick Lowe, skin care expert and founder of the Cranley Clinic in London, tells Metro.

Make sure your sunscreen contains a proven UVA protection.

"UVA rays are aging and UVBs are burning. Whereas UVB rays damage the skin's more superficial epidermal layers, leading to redness and burns, and later cancers, UVA rays penetrate the skin more deeply."

### Should I be worried about moles?

"Melanoma is a form of skin cancer that arises in a pigment cell. People tend to associate melanoma with moles (they contain more pigment cells, meaning you've got more to damage and more to change into a cancerous cell) when in reality, they only account for 50 per cent of cases. The other 50 per cent arise from pigment cells in the skin that turn into what looks like a mole. So you need to look out for any change in an existing mole," Lowe explains.



### Is there anything I absolutely need to take to the beach?

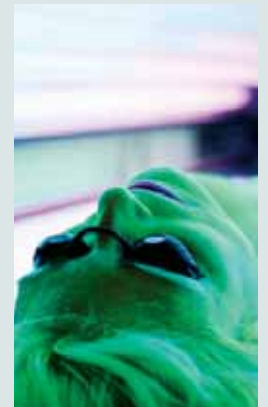
"If you're going to spend the day in the sun, especially between 10 a.m. and 3 p.m., when the rays are most damaging, make sure you have sunscreen, sunglasses and a hat," says Lowe. "Ideally, invest in sun protective clothes and accessories that come with an SPF of 50 plus from brands such as Coolibar (coolibar.com). Unlike lotion, it doesn't wear or wash off."

### After a few days in the sun, I drop my SPF, right?

It doesn't matter whether it's the first time or 10th time you go in the sun, never decrease the SPF factor you started off with.

"A lot of people reduce their SPF the minute they get a tan. They mustn't do that," warns Lowe.

Why? Because even though our skin has a natural SPF, it's tiny compared to how much you need. "The protection increases with your natural skin colour so the darker your skin the more protection your tan will give you," he explains.



### If I get a salon tan, am I less likely to burn?

"The danger of sunbeds is that they fool people into thinking they're protected when in reality, the resultant tan is very poor as the pigment doesn't spread uniformly across the skin," says Lowe. According to The Skin Cancer Foundation, the high-pressure sun lamps used in salons emit doses of UVA almost 12 times that of the sun.

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# Keep your cool during menopause

**Q:** I had my period return after 3 months I started on May 14th and I still have my period. I thought I had finished last night but I started again late this morning. Is this normal?

Ms. P. Lasalle  
Josée Fortin, B.Sc., NDA



**R:** This is very common and is related to the fluctuation of hormones that happens during pre-menopause. You can take Vitex from A.Vogel, which helps support hormone production in the ovaries and make the transition into menopause easier on the body. It helps restore a balance in the levels of estrogen and progesterone,

which in turn helps with sleep disorders, hot flashes, heavy bleeding, irregular menses, mood swings, acne and weight gain that can happen during this time. If the bleeding is very heavy, you should check with your doctor to rule out the presence of fibroids or cysts.

As you enter true menopause (when you miss 3 or more periods in a row), you may want to switch to A.Vogel's Vital Energy, which nourishes the adrenal glands and fights fatigue with a pleasant "zen-like" energy. It will also help with insomnia, promoting a healthy sleep cycle and will help you deal with anxiety and stress better—something that can often be taxing during menopause. And since you're likely to experience hot flashes (almost 80% of women do), you'll want to keep a bottle of A.Vogel Menopause on hand. It's made from an extract of fresh sage and has been clinically proven to reduce the frequency and severity of hot flashes and night sweats.

These simple suggestions should get you a little closer to hormonal harmony!

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With the speed of life being what it is, tween/teen kids may be the perfect solution to your healthy dinner dilemmas. Here are three meals that can be made by any 12-year-old. To be sure, run it through together once and then set them free to cook healthy. Pre-chop any ingredients and leave them in the fridge if you are concerned about small amounts of knife wielding, otherwise, these recipes are all safe.

## 3 healthy meals for kids 12 and up

### Almond chicken with Arroz Vedre

- 2 tablespoons ground almonds
- 1 teaspoon Dijon mustard
- 2 tablespoons cornmeal
- 1 teaspoon dill seeds
- 1-3 tablespoons water to thin
- 4 boneless skinless chicken breast halves

Mix first five ingredients together to form a paste. Rub on breasts and lay on a non-stick baking sheet. Cover with foil.

Bake in 325 F oven, 45 to 55 mins. depending on thickness of breasts, remove foil about half way.

#### Serve with Arroz Verde

- 2 large green bell peppers, stem removed, seeded, and chopped
- 1 small can jalapeño peppers
- 1 cup chopped fresh parsley
- 1 large onion, peeled and quartered
- 2 cloves garlic, (or 2

teaspoons jarred minced garlic)

- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- 1.5 cups long-grain brown rice
- 1 litre low sodium chicken broth

In a blender purée until smooth bell and jalapeño peppers, parsley, onion, garlic, oregano, and cumin.

In a large, heavy skillet or casserole with tight-fitting lid, heat oil. When oil is hot but not smoking, add rice and stir continuously for a few minutes to coat rice with oil, but not long enough to let it brown.

Add vegetable purée and half the broth and simmer, stirring occasionally, for 5 minutes. Add the remaining broth and bring to a boil. Reduce heat to moderate, and continue cooking until liquid is absorbed, about 25 minutes. Cover and let sit undisturbed for 30 minutes.



### Slow Cooker Barbecued Beef Sandwiches

- 1 1/2 pounds rump roast
- 1 chopped onion
- 4 cloves garlic
- 1/2 cup maple syrup
- 2 teaspoons mustard
- 1 teaspoon chili powder
- 1/3 cup cider vinegar
- 1/3 cup Worcestershire sauce
- 1 3/4 cups barbecue sauce
- 4 large whole grain dinner

rolls

- Romaine lettuce leaves
- Sliced tomatoes

In slow cooker, combine all ingredients except sandwich buns, lettuce and tomatoes; mix well.

Cover; cook on high 4 to 6 hours or until beef tender.

Remove beef from slow cooker and slice, place onto a bun and top with lettuce and tomatoes.

### Baked Pork Tenderloin with Spinach and Blue Cheese

- 2 packages frozen chopped spinach
- 1-1.5 pounds pork tenderloin, whole and drained
- 2 cloves garlic, pressed
- 2 tablespoons balsamic vinegar
- 1/4 cup red wine
- 2 teaspoons dried oregano
- salt and pepper, to taste
- 6 ounces blue cheese, crumbled

Microwave spinach just to thaw and let drain in a colander in the sink until ready to assemble. Break up spinach into large, low casserole dish.

Cut pork tenderloin into 4 equal portions on diagonal and nestle into spinach mix. Sprinkle with garlic, vinegar, wine, oregano, salt, pepper.

Break up blue cheese to spread on top of and around pork.

Cover with foil and place into 350 F oven to bake for 45 mins. or until the meat's internal temperature reads 145 to 160 F.





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## Best Health

## Give Nordic walking a chance



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

You've seen those people striding along the streets and through parks with poles in their hands.

They're doing Nordic walking, or urban poling, a super-charged fitness routine that will give you a low-impact, full-body workout.

The latest issue of Best Health magazine profiles a few women who love this activity.

Nordic walking was created in Finland in the 1930s and has been growing in popularity in North America and Europe since the 1990s.

Walkers use a pair of lightweight poles similar to cross-country ski poles, but shorter.

They use 600 muscles in the entire body, burning about 400 calories an hour. Regular walking burns about 330 calories.

How should you dress?

Just as you would for a brisk walk: wear layers in cool weather, and comfortable walking shoes.

Expect to pay about \$60 and up for a decent pair of poles, which should be about two-thirds of your height.

Some parks and recreation departments across Canada lend poles so you can try them out.

You can take a lesson or two from an instructor certified by an organization such as the Canadian Nordic Walking Association (cnwa.info) to make sure you have proper form. Walk on your own, or find a group at urbanpoling.com, through your local kijiji.ca or meetup.com listings, or at your local recreation centre.

**TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS.**

# Hey! I want my zinc back

**Health.** Taking the pill? It might be leaching nutrients from your body

**LINDA CLARKE**  
Metro World News

Ross Pelton, author of *The Pill Problem*, says that his career has bridged two worlds: that of a registered pharmacist dealing with medications and that of a certified clinical nutritionist concerned with natural healing.

This duality has led him to discover what he calls drug-induced nutrient depletion. This side effect of medications can't be measured in nausea, vomiting, headaches or whatever is on those unappealing lists. Rather, drug-induced nutrient depletion happens slowly, over time, as a medication either inhibits absorption or production — or leaches — nutrients from the body. Among the many common drugs that produce



Oral contraceptives can deplete regular nutrients. ISTOCK PHOTOS

this are oral contraceptives, which prompted Pelton to write *The Pill Problem*.

"As a class of drugs, oral contraceptives have an enormous effect on nutrients," said Pelton. "They deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and coenzyme Q10. The only other medication that comes close to its effect on nutrients is steroids."

According to Pelton's book, without these nutrients, ailments such as depression, sexual malaise, lack of energy and insomnia can develop. To avoid this, Pelton recommends nutritional supplements to counteract the depletion.

"Even with a healthy diet, you can't get the therapeutic levels needed," he said.

"I'm concerned with opti-

## More help

Besides a good quality multi-vitamin and mineral supplement, Pelton recommends additional supplements, too

- To counteract depression. "Folic acid helps," he said. "We now know that it should be taken in the form of l-methylfolate, the active form. Tyrosine, which is an amino acid, is also necessary. 5HTP and B6 are needed for serotonin production, which helps with mood. Lowered serotonin means lower melatonin, which causes sleeping problems, increasing depression."

mal health and the prevention of illness. Women who take oral contraceptives should take a high-potency multi-vitamin and multi-mineral supplement to provide adequate levels to prevent problems."

# How to feel good naked

**Health.** The author of *WomanCode* turns your body into a "power source" with these tips

**MEREDITH ENGEL**

life@metronews.ca

Bloating. Zits. Decreased sex drive. If you're a woman, and you're aging up, we may have just described your average Tuesday night. Alisa Vitti, a hormonal health expert and the author of *WomanCode*, a book about "supercharging your sex drive," says it doesn't have to be that way.

"What's normal is a sex drive that increases as you age," she says. "You need to train the body to maximize the kinds of foods that provide us with micronutrients that help us produce optimal levels of hormones."

## AVOID

**SOY:** More specifically, soy protein isolate. It's packed full



of estrogen, which can very often exacerbate many hormonal symptoms. However, small quantities of fermented soy, such as miso paste, tofu and tempeh, are OK.

**COW'S MILK:** It contains casein, a protein that can make



it difficult for nutrients to get to the target glands of the endocrine system (a collection of glands that secrete hormones). This can make it difficult for proper hormonal function and elimination and can worsen symptoms such as acne. Concerned about calcium? Bok Choy



and sesame seeds are good alternatives to dairy.

**WHEAT:** Or the protein that gives wheat-based foods such as pizza their chewy texture: gluten. It has been shown to decrease fertility in some individuals by raising stress levels.



Load up on

## LOAD UP ON

**GREEN JUICE:** The antioxidant glutathione, present in raw fruit and vegetables, helps with egg quality, liver detoxification and to protect the ovaries. One juice a day is enough; just blend together some kale, cucumber, parsley, ginger, lemon and apple.

**EGGS:** Help the body make progesterone, the hormone that opposes estrogen and

keeps you balanced in terms of your mood.

**AVOCADO:** The creamy green fruit is a great source of essential fatty acids. As hormones are stabilized in a lipid ring, EPA's help keep them stable and functioning properly.

**SPINACH and KALE:** The dark, leafy greens contain calcium and magnesium that help the body break down and eliminate estrogen, which in excess, is at the root of many hormonal symptoms.



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# Put the lime in the coconut for a no-bake Island Lime Pie

1. Crust: In food processor, chop macadamia nuts into small pieces. Add coconut, dates, vanilla and sea salt and blend to obtain mix that can be formed into a ball.

2. Line bottom and sides of 23-cm (9-inch) pie plate with crust.

3. Avocado Mousse: In food processor, combine avocados, lime juice, coconut butter, agave nectar and vanilla; blend to a smooth cream. Pour into crust. Set aside at room temperature while preparing frosting.

4. Frosting: In blender, combine water, lime juice, nuts, agave nectar, vanilla and sea salt. Blend to smooth cream consistency. If needed, add 15 ml (1 tbsp) more water. While blender is running, incorporate melted coconut oil.

5. Place mix in pastry bag with narrow nozzle. Trace spiral of frosting on pie from centre to rim of pie plate. With chop-



This recipe serves 12. THE CANADIAN PRESS H/O

stick, trace dozen lines in frosting at regular intervals from centre to rim to resemble a spider web. Before serving, gar-

nish with lime slices and grated coconut. **THE CANADIAN PRESS/ RAW-ESSENCE BY DAVID COTE AND MATHIEU GALLANT (ROBERT ROSE, 2013)**

## Ingredients

### Coco-Macadamia Crust

- 125 ml (1/2 cup) macadamia nuts
- 250 ml (1 cup) shredded coconut
- 3 chopped seedless dates
- 2 ml (1/2 tsp) alcohol-free vanilla essence
- 1 ml (1/4 tsp) sea salt

### Avocado Mousse

- Flesh of 2 to 3 avocados
- 175 ml (3/4 cup) lime juice
- 125 ml (1/2 cup) coconut butter
- 125 ml (1/2 cup) agave nectar
- 2 ml (1/2 tsp) vanilla essence

### Frosting

- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lime juice
- 125 ml (1/2 cup) macadamia nuts
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp) vanilla essence
- 0.5 ml (1/8 tsp) sea salt
- 15 ml (1 tbsp) coconut oil, melted
- Lime slices, grated coconut

## Health Solutions

### Bean there, vanilla



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

You've seen the little black specks in your vanilla bean ice cream that make it look like there's dirt in it, but have you considered where they came from?

Vanilla beans come from an orchid plant and are technically the fruit of the fertilized flower. The pods are harvested six months after they sprout but before they pop open to spread their tiny, aromatic seeds.

They are then watered, wrapped to ferment and dried in the sun. No wonder they are so expensive. Sheesh.

Is it really worth buying the pods over the "extract"? The extract contains the essence of the bean that has

been soaked in alcohol. The pods themselves contain exponentially more flavour and nutrients. In fact, the vanilla bean is one of the top 20 highest anti-oxidant foods.

If you are making a custard or ice cream where the vanilla flavour is crucial, you absolutely want the real deal.

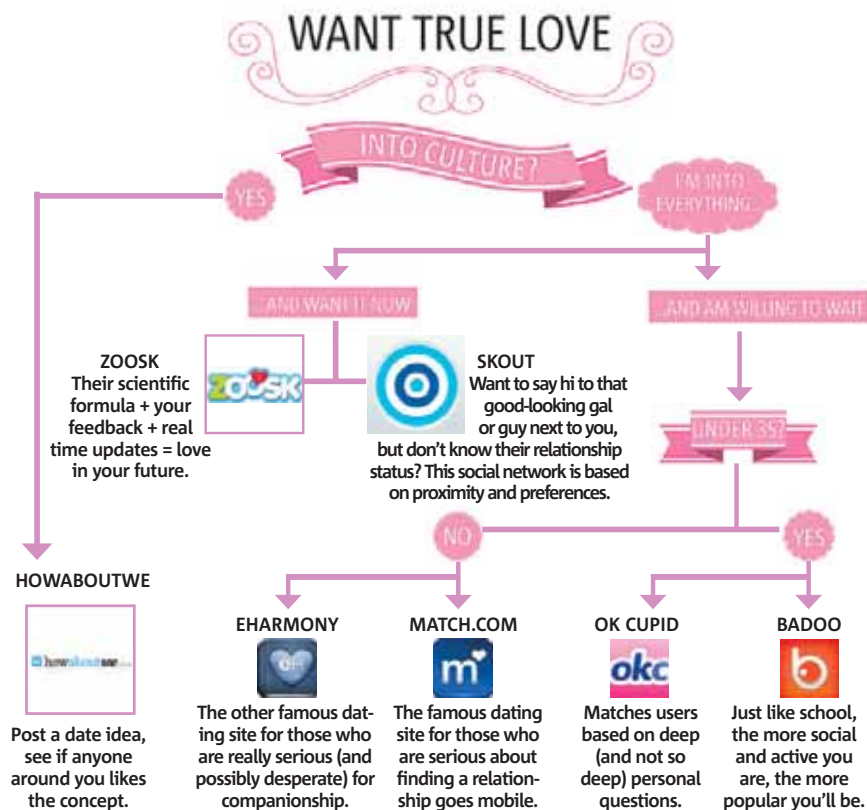
Here's a trick that will make you look like the newest foodie on the block. After scraping the seeds into your dessert, don't toss the pod. Add it to your sugar bowl and cover. Within a week, you will have your own flavoured sugar perfect for sprinkling on cereal or into coffee.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## SO YOU WANNA DATE?

New advances in dating technology have made it easier to find someone, but also overwhelming. Thanks to this handy-dandy chart, you'll never be alone again. **TEXT: MICHELLE CASTILLO, GRAPHIC: MIA KORAB; METRO WORLD NEWS**







The typical bankrupt Canadian is a 43-year-old man owing \$61K above and beyond a mortgage. ISTOCK IMAGES

# Male, middle-aged and bankrupt?



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

If you are male and entering middle age with a fair chunk of non-mortgage debt then bankruptcy might be just around the corner.

According to research by trustee firm Hoyes, Michalos & Associates into 7,000 insolvency filings, the typical bankrupt Canadian is a 43-year-old man owing \$61,000 above and beyond a mortgage.

Credit Canada Debt Solutions CEO Laurie Campbell outlined the findings in her recent blog, [forthe love of money.ca](http://forthe love of money.ca).

What really shocked Campbell was the discovery that the average debt level of insolvent 50- to 59-year-olds was more than \$84,000.

"Who knew that the generation which grew up with the Freedom-55 ads (touting early

retirement through smart financial planning) would find itself in such a sorry fiscal state?" she writes.

Equally worrying are those 60 and over. Among the group studied they carried nearly \$70,000 in unsecured debt.

You might dismiss the findings if you are much younger (and female), but according to the study's author, Doug Hoyes, "We are all pretty close to the edge. What is saving us is that interest rates are low."

Hoyes points out that there isn't a whole lot of difference between the current average debt to income ratio of 165 per cent and that of the insolvent individuals at 215 per cent.

It boils down to the fact that many Canadians won't be able to handle even a small increase in interest rates. Even something as small as the June 10 notice by TD Canada Trust nudging the five-year closed rate to 3.29 per cent from 3.09 per cent, could be the financial

tipping point for some.

Larger rate increases, as will eventually happen, may also appear quite small. But Hoyes cautions consumers to look at the numbers a different way.

"Going from a three per cent to four per cent interest is not an increase of one per cent in your payments. If your rent goes from \$300 to \$400 per month, how much did your rent increase? Answer: one third, or over 33 per cent." Similarly, the cost of a mortgage at four per cent is 33 1/3 per cent higher than one at three per cent.

Those who worry they are on the edge of affordability should take action. The charitable Credit Canada Debt Solutions ([creditcanada.com](http://creditcanada.com)), for example, offers financial counselling and coaching to help consumers with debt.

Contact Alison at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com) or [alisongriffiths.ca](mailto:alisongriffiths.ca)



# Where there's a will there's a way — to rest easy

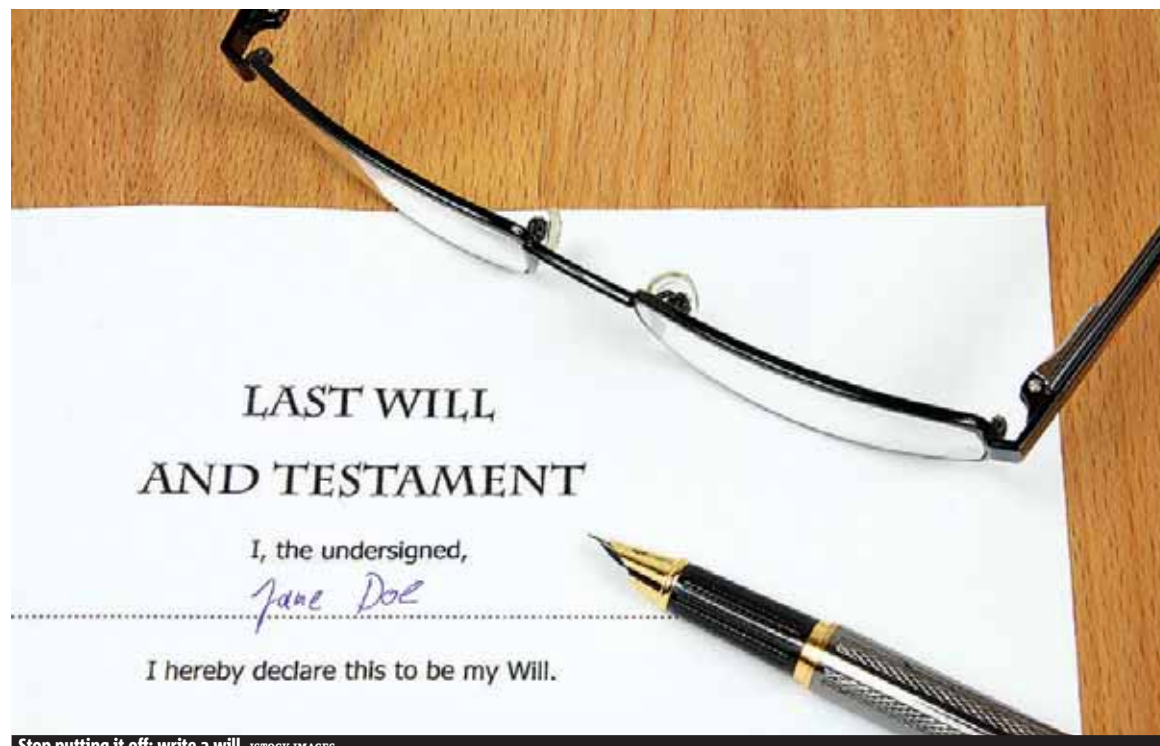
Writing a will is one of those responsibilities many people put off. But the fact is, nobody should be without a will.

A will gives you the unique opportunity to exercise your rights and to decide where your assets will go. With a will, nothing is left open to misinterpretation and your wishes will be respected.

If there is no will, your estate will be distributed according to the laws of the province where you live. These laws are inflexible and may not take into consideration the care of people or organizations you wish to remember. They don't make exceptions and property is distributed according to an all-purpose plan. They may deplete your estate unnecessarily, for example, requiring that a court-appointed administrator be bonded.

The laws also "fly blind" trying to guess your desires concerning who should be your administrator, or who should be guardian of your children if they are minors.

They also cannot make charitable bequests or gifts to causes like cancer research or Amnesty International, which you sup-



Stop putting it off: write a will. ISTOCK IMAGES

ported in your lifetime. Only a personal will can do that.

Here are the answers to some commonly asked ques-

tions:

**Don't only wealthy people need wills?**

Actually, the smaller the es-

tate, the more important it is that it be settled quickly to avoid additional expense. This can only happen with a properly written will.

**Don't only people with troublesome relatives need wills?**

Even family members with the best intentions may be

## Lawyer time

Lawyers charge for their time and knowledge, so it is important to be prepared. Here are three simple steps you can take to save money:

- Make a list of all your property, including real estate, bonds, savings accounts, RRSPs, jewelry, family heirlooms and works of art — everything.
- List the people you want to provide for, along with their ages, addresses and their relationship to you.
- Name your executor and alternative executor (preferably both younger than yourself), and suggest a guardian for your children if they are minors.

puzzled and confused as to what your wishes may have been in the absence of a will.

**Isn't it expensive to have a will prepared?**

Wills are usually less costly than people expect and can help avoid the emotional and financial costs of not having a proper will.

NEWS CANADA



# MONITOR YOUR DOG'S ACTIVITY

As we move into the hottest months of the year it's important to make sure your dogs keep cool.

"Overheating is more common in dogs than we realize," says Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "While any dog can overheat, it's more prevalent in breeds with flat faces, such as pugs, boxers and bulldogs, than it is in long-nosed breeds like German shepherds and greyhounds. Overweight dogs are more prone to overheating, as are dark-haired dogs that are out in the sunshine."

Many pet owners are surprised that their dog shows signs of overheating after playing outside.

"When dogs are running in the park together, they may not stop just because they're getting overheated," Bryer says. "It's up to their owners to monitor their activity. The rule to follow is that if the heat is too much for you, it's too much for your dog."

If you suspect your dog may be overheating, stop activity and move your dog to a cool area.

"Dogs cool down naturally by panting and sweating through the pads of his paws," Bryer says.

However, if your dog doesn't return to normal in a few minutes, there are things you can do to help.

"Remove muzzles or dog boots that might be restricting his ability to cool. Put cool water on his feet, under his arms



ANDY DEAN/VEER

and near the groin or use ice packs if he has lots of hair in those areas.

You can also wet the coat with cool water and put a fan on him to cool down.

Do all this slowly and gently, so you're not shocking him by cooling him too fast. Also, be sure to offer him some cool water when he's ready to drink — just

don't force him."

Within a few minutes, your dog should return to a normal temperature and resume its usual activities.

## HEAT STROKE IS PREVENTABLE FOR PETS

When a dog becomes overheated it will usually cool down on its own quickly.

Within about 10 minutes or so, his panting will subside, the dog will be calm and, very soon, it will behave just like normal again.

Cooling a dog down with water, fans and cool air will speed the process. But if several minutes pass and you see your dog isn't getting any better, this can be a sign of heat stroke.

Dogs who are suffering from heat stroke will continue to pant, be lethargic and even disoriented.

These signs will not get better as the minutes pass — in fact, you may see the dog appear worse.

"Heat stroke is very dangerous as it



HERREID/VEER

can cause damage to a dog's systems and organs," explains Dr. Barb Bryer, head

of emergency medicine at the Veterinary Emergency Clinics in Toronto. "If you suspect your dog may be suffering from heat stroke, it is imperative that your dog be seen by a veterinarian as soon as possible."

Remember that heat stroke, like overheating, is preventable. Take steps to ensure your dog stays cool and isn't overexposed during the dog days of summer.

- Don't leave your dog in a car, especially with windows shut.
- Keep your dog inside as much as possible.
- Keep walks short on hot days; walk early in the morning or later in the evening when things are cooler.

## HOT CARS CAN BE LETHAL FOR DOGS

Whether you are parking in the shade, just running into the store, or leaving the windows cracked, it is not a good idea to leave your pet in a parked car.

The temperature inside a car can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On an 29 C day, for example, the temperature inside a car with the windows cracked can reach 38 C within only 10 minutes. After 30 minutes, the temperature will reach 48 C. At 43 C, pets are in danger of heatstroke.

— *TripsWithPets.com*



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# Tuukka leaving no doubt after Thomas

**Stanley Cup final.** Bruins 'keeper living up to Conn Smythe standard set by former Boston starter

Two years ago, Tuukka Rask was all but ignored as the Bruins mounted their Stanley Cup charge.

The lanky Finn attracted virtually no attention as reporters swarmed his teammates at a hotel restaurant in Vancouver.

Tim Thomas was the Bruins' man then. Rask was the guy on the bench, watching as the Boston starter went 16-9 in the playoffs, leading the playoffs in save percentage (.940) and goals-against average (1.98). Thomas was rewarded with the Conn Smythe Trophy after Boston dispatched the Canucks.

Now the Bruins are back in the final. The goalie statistics remain about the same, but the name has changed.

Rask leads the playoffs in save percentage (.944) and his goals-against average of 1.73 was second only to Chicago's Corey Crawford (1.72) heading into Monday night's Game 3.

Both goalies have done their teams proud. But it has taken the equivalent of double-raise takeout shots to beat Rask.

While Thomas used to make highlight-reel saves, throwing himself around the crease, Rask fills the goal, using his stick and pads to seal off ice level and his torso the rest.

They are very different but the end result is the same.

"At the end of the day, it's about stopping the puck," said Boston defenceman Dennis

## Rask up to the task



"To be able to get where he is right now speaks volumes

about how ready he is to be that goaltender that can be just as good as Tim (Thomas) was for us."

Bruins coach Claude Julien on Tuukka Rask.

Seidenberg. "So we really don't care how it's being done."

Taken in the first round — 21st overall — by Toronto in the 2005 draft, the Bruins acquired Rask from the Leafs in June 2006 for Andrew Raycroft.

Boston coach Claude Julien believes Rask's time behind Thomas was beneficial.

"We had such a good goaltender in Tim Thomas, it might have maybe delayed the view that people would have of him, but it didn't change our view of him," Julien said Monday. "We knew he was going to be a good goaltender."

"In hindsight, when you look back, it might have been the best thing for him. It allowed him to mature at a reasonable rate instead of being thrown to the wolves. He's matured a lot. I'm not talking about personality, but mentally, the mental toughness, and then being able to be ready game in, game out."

THE CANADIAN PRESS

Go to [metronews.ca](http://metronews.ca) for coverage of Game 3 of the Stanley Cup final.



Tuukka Rask is proving to be more than capable of backstopping a title run in his first extended playoff opportunity. BRUCE BENNETT/GETTY IMAGES

## Backside backtrack

### Judge accepts Johnson's butt-slap rebuttal

A contrite Chad Johnson apologized Monday for disrespecting a judge when the former NFL star slapped his attorney on the backside in court last week and was released from jail after only a week instead of 30 days.

Broward County Circuit Judge Kathleen McHugh accepted Johnson's apology and cut back his jail term for a probation violation to the seven days he had already served since the rear-swatting.

THE ASSOCIATED PRESS



Chad Johnson appears in court on Monday in Fort Lauderdale, Fla. THE ASSOCIATED PRESS

## MLB

### Wrist injury still hampering Yankees' Teixeira

Slumping Yankees first baseman Mark Teixeira could be sidelined a while longer because of his ailing right wrist.

"I haven't done anything, but I'm leaning toward the disabled list," New York general manager Brian Cashman said Monday.

Teixeira, who missed the first 53 games of the season with the wrist injury, is hitting just .151 with three home runs and 12 RBIs in 53 at-bats. THE ASSOCIATED PRESS

# Champs to chokers? LeBron's legacy on the line



The Heat return to Miami down 3-2 in the NBA Finals with a chance to rally to a championship on their home floor. ERIC GAY/THE ASSOCIATED PRESS

LeBron James has been here before, with dire results.

It was two years ago, the end of the first season of "Big Three" in Miami. The situation: Heat down 3-2, hosting Game 6 of the NBA Finals, only two home wins separating them from a title.

Then, thud.

James had six turnovers in Game 6, the Heat were outscored by 24 with him on the floor, and the Dallas Mavericks became champions. Now, here comes the same situation. Down 3-2, and back at home for

## Big game James

# 31.1

LeBron James' points-per-game average in games the Heat have been down in a series or faced elimination over the last two seasons. He has shot 53 per cent and added 10.6 rebounds and 5.4 assists in such contests.

Game 6 of the finals against the San Antonio Spurs on Tuesday, Miami needs two wins in three days or else it will be watching someone else end the season with a party on its own floor.

"We're going to see if we're a better team than we were our first year together," James said.

We're also about to see how much James has grown since 2011. If Miami loses, it'll be widely perceived as James' failure. If the Heat win, his status as the game's best player becomes even more cemented.

"Our next challenge, biggest challenge, will be Tuesday night," James said. "We have an opportunity on our home floor with our home fans to keep the series going, and we look forward to it." THE ASSOCIATED PRESS



## Horoscopes

### Aries

March 21 - April 20

As far as you are concerned, there is no such thing as a lost cause and you will prove it today. The first rule of success is to believe it is possible and, one way or another, your belief will make it a fact.

### Taurus

April 21 - May 21

Not everyone shares your sense of humour, so watch what you say today. If you offend the wrong person, it might adversely affect your professional situation.

### Gemini

May 22 - June 21

Make the most of the Sun's last few days in your sign to show what you can do. Not that you won't be able to show it after the Sun has moved on, but at the moment you are positively glowing.

### Cancer

June 22 - July 23

You don't need to change a thing in your life. Just keep to the path you are already travelling. The great thing about Cancer is you have staying power: Once you start something, you don't stop.

### Leo

July 24 - Aug. 23

It's not like you to cling on to something you don't need but that is what you appear to be doing. The tighter you hold on to it, the more it will hurt when it is taken away. Give it up.

### Virgo

Aug. 24 - Sept. 23

The eyes of the world are on you now and what you do over the next few days could change your life in meaningful ways. Believe you can be the biggest and the best.

### Libra

Sept. 24 - Oct. 23

Don't listen to people who try to tell you that you are going about something the wrong way. Your instincts tell you a different story and your instincts are never wrong.

### Scorpio

Oct. 24 - Nov. 22

Someone may possess something you want but don't let your envy show. It's quite likely that from their point of view, you are the one who to be envied. Grass always looks greener on the other side.

### Sagittarius

Nov. 23 - Dec. 21

Someone will offer you something for nothing today and although you will be tempted to take it, you may hesitate in case there's a catch. Rest assured it's not a trick.

### Capricorn

Dec. 22 - Jan. 20

Life may be a bit dull at the moment but in a matter of days you will be so busy you may long for some tedium again. Too bad, you won't get it. If you want to move up in the world you've got to work hard.

### Aquarius

Jan. 21 - Feb. 19

You have nothing to fear and everything to look forward to. Anything of a creative nature will work well for you today, and even better tomorrow. Don't follow the herd.

### Pisces

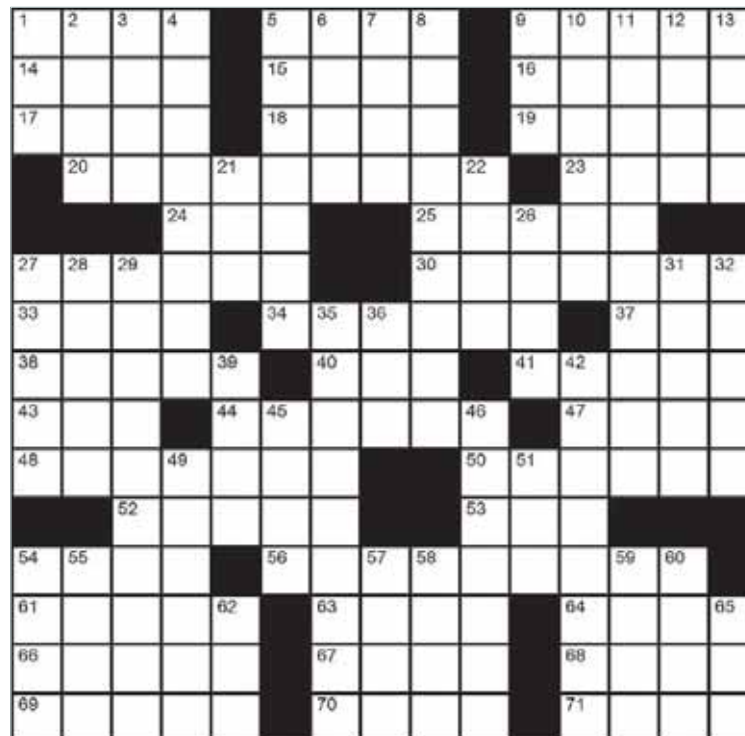
Feb. 20 - March 20

If you have fallen behind in your schedule, this is the ideal time to catch up. Once you make the effort to start you won't want to stop, not until you are finished at least. You may end up working through the night. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Premier of Saskatchewan, Brad \_\_\_\_
5. Car rental company
9. Gulf War missiles
14. Ms. Perlman
15. Suit piece
16. Vietnam's capital city
17. New York baseball player, for short
18. Canadian author Mr. Miller
19. Sprite-like
20. Southeast-of-Winnipeg city in Manitoba
23. Contact \_\_\_\_ (Vision corrector)
24. Norse Myth: Underworld goddess
25. Gold measurement, variantly
27. Hold back
30. Kettle's sounder
33. Ms. Ephron
34. Nearly
37. Really long time
38. Purse material
40. Brouhaha
41. Mrs. '\_\_\_\_ Goes to Paris (Paul Gallico novel)
43. Cousin of -ette
44. Roamers
47. Architect Mr. Saarienen
48. Securing: 2 wds.
50. More furious
52. Pub game
53. "Monsters, \_\_\_\_" (2001)
54. Component, as of a process
56. Some office



devices

61. Gangly

63. Pack \_\_\_\_ (Get ready to vacation)

64. Lindsay Lohan's mom

66. Mr. Shaw (Famed clarinetist)

67. Rock's \_\_\_\_ Straits

68. Surrounded by

69. "Hey! That \_\_\_\_ funny."

70. Sporty TV network

71. Units of a gym user's sety

### Down

1. Like some humour

2. Detective's sound effects

3. Loaned

4. Thunder Bay university

5. Anne of Green Gables setting

6. Action word

7. Madonna hit: "La \_\_\_\_ Bonita"

8. St. John's-born singer Kim

9. Particular pronoun

10. Opera legend Maria

11. '\_\_\_\_ and alive' ...how Joni Mitchell felt in "Free Man in Paris"

12. Bump off: 2 wds.

13. Breaks a Commandment

21. Roadside mil. hazard
22. Triumphant laughs
26. Ms. MacNeil
27. Map detail
28. Ho-hum hair hue
29. Canadian food brand, \_\_\_\_ Choice
31. France's longest river
32. Belgian painter, James \_\_\_\_
35. Wild house party 'hat', perhaps
36. Annual telethon org.
39. Civil or Electrical, e.g.
42. BC's provincial tree, Western \_\_\_\_
45. Ins and \_\_\_\_
46. Bit
49. Serviette
51. Meaning of: &
54. Deli side dish
55. Charlottetown-born singer Ms. MacLean
57. Baseball stats
58. Wild West's Wyatt
59. Frost
60. Prune
62. Even so
65. Promos

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today



20°/7°  
Partly cloudy

Wednesday



21°/8°  
Sunny

Know what the weather  
will be 14 days from now.  
Check the 14 day trend.

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